

13. (Cancelled)
14. (Cancelled)
15. (Previously Cancelled).
16. (Previously Cancelled).
17. (Cancelled)
18. (Cancelled)

Please add the following claims:

19. The exercise system of claim 1 further including a videotape to provide instructions for assembly of the components thereof.

#### REMARKS

Applicant thanks the Examiner for his assistance in prosecution of this application. Applicants notes that the final Office Action stated that Claims 8, 9, 10 and 18 would be allowable if rewritten in independent form, including all limitations for the base claim and any intervening claims.

Applicant's Claim 1 as amended includes the limitations of Claims 7 and 8, and therefore should be allowable. The claims remaining in the case are all dependent from Claim 1 and therefore, being dependent from an allowable claim, should be themselves allowable.

The applicant requests a telephone call if there are any problems associated with this Response, as this Response is believed to put the case in condition for allowance.

Respectfully submitted,  
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Date: April 7 '04